

Olesya Makhova said the head of the Center for Competence for the Development of Products on Vegeted Farm of Roskacity that legumes really represent a valuable product that helps maintain the health of the cardiovascular system.

According to expert opinion, legumes contain folic acid, antioxidants and magnesium, which have a positive effect on the cardiovascular system. Makhov called the black beans the most useful from legumes.

In addition, the expert noted the importance of walnuts as a source of nutrients to maintain heart health. Even moderate consumption of walnuts helps to reduce cholesterol and protect arteries from inflammatory processes due to the content of omega-3 polyunsaturated fatty acids, phytosteroids and dietary fibers.

Makhova also recommends the inclusion of Tofu in the diet, which is a valuable source of healthy minerals, dietary fibers and polyunsaturated fatty acids.

This list also includes avocados, olive oil, chia and linen seeds. These products help reduce the risk of cardiovascular diseases, including heart attack and stroke, by reducing the level of low density lipoproteins (LDL) and increasing the level of high density lipoproteins (HDLs)-“bad” and “good” cholesterol.

“A competently composed floral diet is not just an exclusion of some products from the menu, but a thoughtful approach to nutrition, supported by scientific research. We are talking about a conscious choice in favor of those products that nature endowed with everything necessary for the full work of the body, ”Makhova emphasized.

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